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Israel, Hamas agree to truce

72-hour ceasefire could be a signal the brutal conflict that has claimed nearly 2,000 lives may be ending PAGE 8

MIRREN DOES FILM LOVERS A FLAVOUR

OSCAR WINNER LANDS A TASTY ROLE IN THE HUNDRED FOOT JOURNEY, BUT THE MOST DELICIOUS PART WAS WORKING WITH INDIAN LEGEND OM PURI PAGE 11

Death, hospitalizations mar fest

Penticton. RCMP warnings to safeguard health seem to go unheeded at Boonstock

A death and a slew of hospitalizations put a damper on a long-weekend music festival in the Interior.

Penticton RCMP confirmed that a 24-year-old woman from Alberta died of an apparent drug overdose while attending the Boonstock Music and Arts Festival in the early morning hours of Saturday.

A statement from organizers, posted on Facebook, said the woman "became distressed while dancing at one of our stages."

The woman was rushed to Penticton Regional Hospital but died shortly afterward.

The woman has not been identified publicly.

In the statement, organizers said they were "deeply saddened" by the death.

Police, meanwhile, issued a warning to festival-goers after the death and 17 hospitalizations following the first day of the festival.

"The Penticton RCMP have a very real concern for public safety at this event and fear there may be future overdose deaths if attendees do not take steps to safeguard their own health," the Mounties said in a public statement.

They urged people not to ingest unknown substances and urged them to stay hydrated while out in the sweltering weekend weather.

But by the end of the festival, Interior Health spokesperson Grace Kucey said 80 people had been transferred to hospital from the festival.

Most of the hospitalizations were drug- or alcohol-related, she said.

This year was the first time the festival — headlined by acts such as Wolfmother, Rise Against and Macklemore and Ryan Lewis — was held in Penticton since being forced to relocate from Sturgeon County in Alberta after a nine-year stint.

The county, north of Edmonton, effectively banned the festival in 2013 by voting to deny it any future permits, citing traffic, noise and safety concerns from local residents.

The move to B.C. hasn't been a smooth one.

The B.C. Liquor Control and Licensing Branch denied a liquor licence to the festival.

Citing safety concerns, the branch said it could not consider a licence application "when security cannot be planned or communicated adequately."

The festival's original contracted security company also walked away from the festival and publicly criticized its safety plan.

Global BC reported in early July that International Crowd Management (ICM) had serious reservations about "significant cuts to the safety plan" and terminated its contract with the festival.

ICM alleged that organizers told it to refrain from communication with RCMP and the liquor branch, according to the Global report.

Boonstock organizers did not respond to Metro's interview requests by deadline on Monday.

MATT KIELTYKA/METRO
WITH FILES FROM THE CANADIAN PRESS

RCMP stand at the entrance to the camping area of the Boonstock Music and Arts Festival in Penticton, where a 24-year-old woman from Leduc, Alta., died as the result of a drug overdose early Saturday. JAMES MILLER/PENTICTON HERALD/THE CANADIAN PRESS

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Woman critically injured

Cops urge suspect in hit and run to come forward

Vancouver police are looking for a driver in a Monday morning hit-and-run who left a woman in critical condition.

Shortly after 4 a.m., Vancouver police say a 26-year-old woman was struck by a car that was heading east on Pacific Boulevard near Abbott Street.

The woman suffered a serious head injury and was rushed to hospital, where she remained in critical condition on Monday evening.

The driver, in a dark-coloured Honda Civic, fled the scene.

Police have obtained video evidence of the scene and investigators are trying to determine who was behind the wheel of the Civic.

In the meantime, they're asking the driver to come forward.

Police are also appealing to any witnesses to come forward.

Investigators say there may have been several witnesses to the hit and run, including two people seen standing on the corner of Abbott and Pacific, and another person on rollerblades across the street.

The Honda Civic probably has front-end damage, according to police.

Anyone with any information is being asked to contact the Vancouver Police Department's collision investigation unit at 604-717-3012 or, if they wish to remain anonymous, Crime Stoppers at 1-800-222-8477.

MATT KIELTYKA/METRO

Pride goeth before a gigantic rainbow flag on Robson Street

People carry an oversized rainbow flag down Robson Street during the Vancouver Pride Parade in Vancouver on Sunday. More than 500,000 people came out to take full advantage of the many sights and free beads. The sunny weather helped the diverse crowd usher in a celebration to recognize the LGBTQ community's many strides towards ending phobias and inequality. DARRYL DYCK/THE CANADIAN PRESS

'Great sadness' as CP begins Arbutus work

Future of community gardens in doubt. Local gardeners told by workers to expect 'increased activity' along corridor

EMILY JACKSON
emily.jackson@metronews.ca

CP sent workers to survey the tracks along the Arbutus corridor on Friday, the day after the deadline passed to remove all community gardens obstructing the property.

Surveyors drove a truck along the rails and marked the property boundaries — currently home to flowers bounded by rock fences and a popular greenway for cyclists and pedestrians — with orange spray paint, Cypress community gardener Maureen Ryan said Sunday.

Despite CP's statements the company would not immediately begin to dismantle the gardens, the arrival of workers on schedule doesn't seem to bode well for the future of the gardens, Ryan said.

"The mood is, well, this is it," Ryan said. "We don't know what's going to happen next."

Workers told the gardeners to expect "increased activity" this week, she added.

The clearing is planned so CP can run trains along the tracks for the first time in 13 years.

The railway wants to sell the land zoned as a transportation corridor to the city, but has been unable to reach a deal. CP figures the 11-kilometre stretch is worth $100 million, according to news reports, but the city won't budge from its estimated $20-million valuation.

Caught in the middle are the gardeners who have used the property for two decades. They understand that CP is well within its rights to remove their gardens, but believe the green space is an important resource for the entire city.

"It is a locale that is performing an important environmental benefit," Ryan said, pointing to the bee population and the veggies grown by children. "There is great sadness at the thought of this being ripped out."

Mayor Gregor Robertson has repeatedly said there is no business case for CP to use the tracks again. CP counters it can use them to train drivers or store cargo trains.

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Water-use ban now includes Quesnel and Cariboo rivers

Caution. Ban comes after tailings pond breached

Authorities are expanding a water-use ban to include the Quesnel and Cariboo Rivers up to the Fraser River after a tailings pond southeast of Quesnel was breached, sending millions of cubic metres of waste water into nearby roads and waterways.

An initial ban advised all residents living around the Mount Polley mine area, near the town of Likely, to use only bottled water until further notice.

The advisory affected hundreds of people living around Quesnel Lake, Polley Lake, Hazeltine Creek and Cariboo Creek.

The ban has since been expanded to include anyone living along the Quesnel and Cariboo rivers.

Authorities are asking people in the region to stop using water from both rivers.

Those areas are sparsely populated and the Cariboo Regional District has not determined how many people have been affected.

People in Quesnel are also being asked to avoid using water from the Quesnel River.

The ban does not apply to people in Williams Lake or other towns along the Fraser River.

Authorities had previously said Likely was not directly affected, because it was unclear how many people in the town used water from Quesnel Lake.

THE CANADIAN PRESS

At a glance

- The Cariboo Regional District has not received any reports of injuries or people getting sick from drinking water.

A political balancing act

Liberal Leader Justin Trudeau balances his five-month-old son, Hadrian, on his hand while attending the B.C. Day Liberal barbecue in Vancouver on Monday. DARRYL DYCK/THE CANADIAN PRESS

For the day

Riders appreciate free transit

Lower Mainlanders took advantage of free transit on B.C. Day, a deal offered by TransLink to aplogize for the recent delays on the SkyTrain.

People flocked to buses, trains and especially the SeaBus — the northbound lineup was an hour long in the early afternoon, according to social media — for free rides.

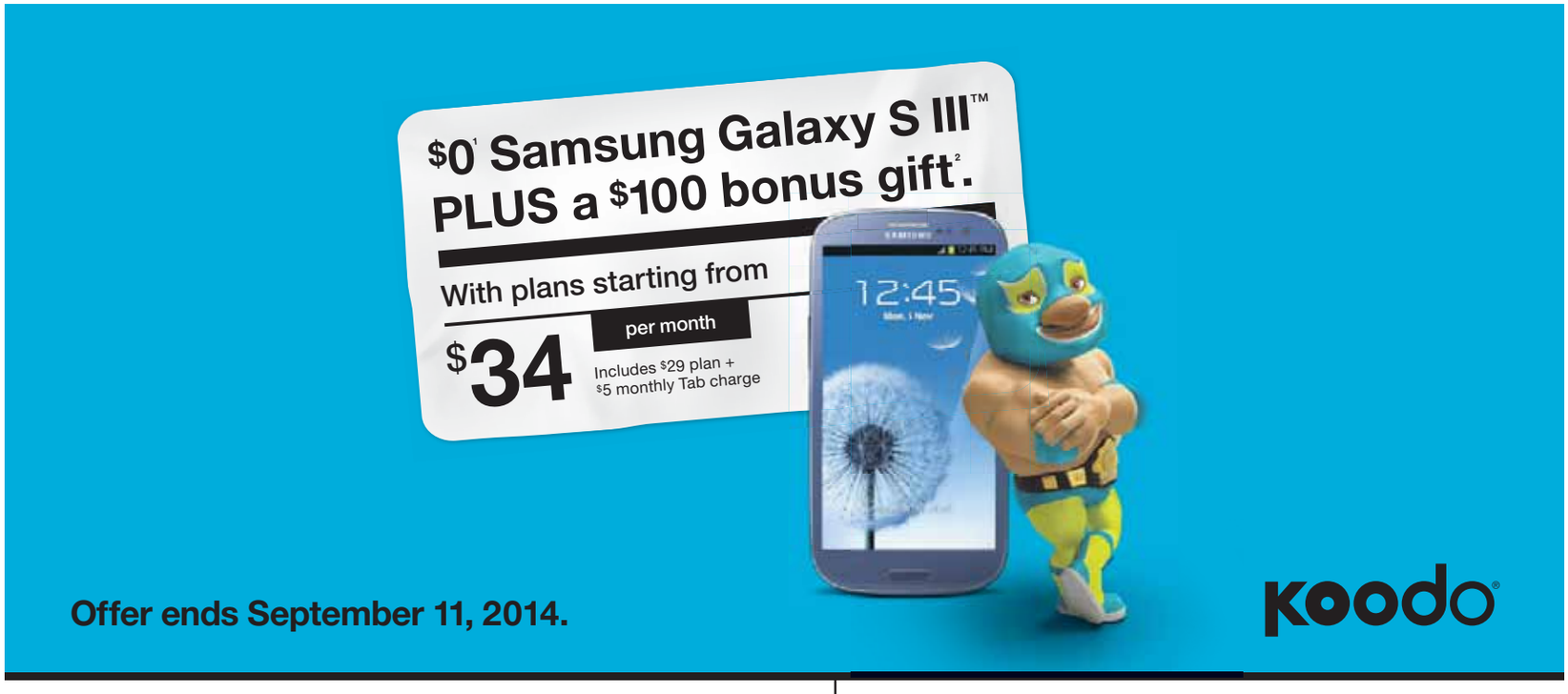
EMILY JACKSON/METRO

Arrest made

Man charged with possessing child pornography

A Surrey man wanted in Alberta on a Canada-wide warrant for possession of child pornography was arrested and charged in Richmond this weekend.

Geoffrey Scott Ambridge, 29, will remain in custody until he is transported to Calgary to appear in court. EMILY JACKSON/METRO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Tsunami debris heading back to Japan

Ucluelet. Fishing pallet found in B.C. was handed down to Japanese fisherman from his father

A Vancouver-area woman boarded a plane Monday to return a piece of Japanese tsunami debris that washed ashore after the deadly 2011 earthquake, ending a cleanup in British Columbia while reconnecting a fisherman half a world away with his father's past.

Twenty-three-year-old Hanako Yokota, who worked on the debris cleanup near Ucluelet, B.C., is returning a plastic fishing pallet to a Japanese man who recognized it as equipment passed down from his father after seeing the distinctive markings etched on its side.

Yokota's trip will conclude a two-year cleanup effort by the District of Ucluelet and a student club called the Japan Love Project that removed up to 10 tonnes of tsunami debris from B.C. shores.

"It's like a final mission," said Yokota, who is originally from Yokohama.

In March, Japan Love helped a volunteer group from Japan travel to Canada's West Coast to clean up tsunami debris that washed ashore in the Pacific Rim National Park Reserve's Broken Group Islands.

Volunteers found the 34-kilogram pallet, and writing on the equipment allowed them to trace it back to the Minami Sanriku region in Japan.

A volunteer who returned to Japan showed a picture of the pallet to a local oyster fisherman, who asked for it to be returned after he recognized the inscription on the pallet as the name of his boat. The pallet was given to him by his father, who also fished for oysters.

The volunteer contacted Yokota, who will be giving the fisherman back his pallet.

Many fishermen in the region had their possessions swept away in 2011, Yokota said, and items with historical or sentimental value were lost forever. THE CANADIAN PRESS

Hanako Yokota, left, and Karla Robison lift a fishing pallet retrieved near Ucluelet, B.C. Yokota will board a plane to Japan to return it to its rightful owner. CONTRIBUTED

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Prince George

Province issues smoke advisory

A wildfire smoke advisory has been issued for the Prince George area.

People with chronic medical conditions should avoid strenuous exercise until the advisory is lifted. The Ministry of Environment is urging anyone experiencing eye or throat irritation, chest discomfort, coughing, wheezing or shortness of breath to seek medical help.

Prince George's bylaws prohibit open burning, including backyard burning and land-clearing burning.

During advisories, recreational fires and street sweeping activities are prohibited.

There are 51 fires in the Prince George area, and a total of 200 fires province-wide. Lightning sparked most of the 91 new blazes that started this weekend. THE CANADIAN PRESS

Celebration of Light

Japan wins fireworks faceoff

Japan's team Akariya has won the 2014 Celebration of Light, narrowly besting strong efforts from the U.S. and France, organizers said Monday.

"Japan deserved the win," said Kelly Guille, Sirius Pyrotechnics producer. "They did really well building their scenes and maintaining a theme throughout the show while still creating varied emotional responses.

"The judges and the public had a hard time deciding the winner because it was so close but in the end it was a few points that made the difference."

The Honda Celebration of Light finale on Saturday night attracted one of the largest crowds ever seen in the event's 24-year history, according to Vancouver police. EMILY JACKSON/METRO

Abbotsford

Man's death possibly linked to synthetic opioid

A 38-year-old Abbotsford man has died in hospital this weekend after possibly ingesting fentanyl, a synthetic opioid.

On Friday, around 3 p.m., Abbotsford police were notified that a man was in hospital following a "medical distress" in his home on the 2100 block of Peardonville Road. According to a media release, police found a bag containing a "white powdery substance" in the man's home near where he was found, and substance analysis determined it was fentanyl.

Police believe the man ingested a small quantity of fentanyl, which led to his medical distress and eventual death. A coroner's report has yet to be released. STEFANIA SECCIA/FOR METRO

WWI centennial: Reconciliation at heart of European leaders' gathering

Peace. Old enemies come together to remember the 14 million who lost their lives in the First World War

Former enemies united Monday to commemorate the 100th anniversary of the start of the First World War, with Belgium, France, Britain and Germany standing together in the spirit of reconciliation.

Belgian King Philippe and Queen Mathilde welcomed German President Joachim Gauck under cloudy skies for the late-morning ceremony at the Cointe allied memorial amid pomp and military honour.

During the ceremonies, the former enemies sat united, listening and applauding each other's speeches.

Germany invaded neutral Belgium on Aug. 4, 1914, as part of a planned attack on France. By nightfall, Britain had joined the war.

The war wasn't expected to last long. But instead of weeks, the continent was plunged into conflict for over four years, leading to millions of lost lives.

The conflict lasted over four years, ending on Nov. 11, 1914.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with your Metro News App to view a gallery of the many 2014 celebrations commemorating the 100th anniversary of the beginning of the First World War from around the world.

→ See the full instructions on Metro's Voices page.

The National War Memorial in Ottawa SEAN KILPATRICK/THE CANADIAN PRESS

Stephen Harper

Courage personified

Prime Minister Stephen Harper marked the 100th anniversary of the start of the First World War.

The successes of Canadian soldiers on battlefields including Ypres, Vimy and Passchendaele spurred a sense of national pride and belief Canada could stand on its own.

"What it means to live mired in muck and disease, to fight through mud deep enough to drown a man, to lose thousands of lives in a single day, to gain what could be measured in yards … these things elude us still. We can only imagine their fear, their courage," Harper said.

THE CANADIAN PRESS

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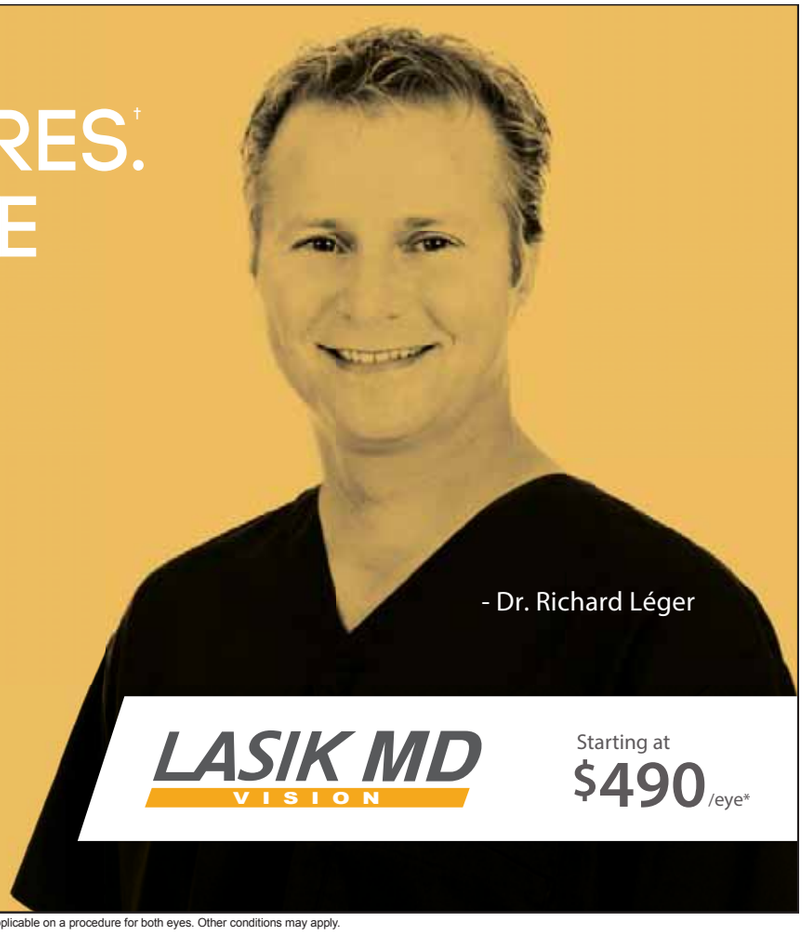

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U.S. aid workers with Ebola improve thanks to new drug

Two American aid workers infected with Ebola are getting an experimental drug so novel it has never been tested for safety in humans and was only identified as a potential treatment earlier this year, thanks to a long-standing research program run jointly by the U.S. government and the military.

The workers, Nancy Writebol and Dr. Kent Brantly, are improving, although it's impossible to know whether the treatment is the reason or if they are recovering on their own. Brantly is being treated at a special isolation unit at Atlanta's Emory University Hospital, and Writebol was expected to be flown there Tuesday.

Both were infected while working in Liberia, one of four West African nations dealing with the world's largest Ebola outbreak. On Monday, the World Health Organization said the death toll had increased from 729 to 887 deaths in Guinea, Sierra Leone, Liberia and Nigeria, and that more than 1,600 people have been infected.

The experimental treatment the U.S. aid workers are getting is called ZMapp and is made by Mapp Biopharmaceutical Inc. of San Diego, Calif.

In a worrisome development, the Nigerian Health Minister said a doctor who treated Patrick Sawyer, the Liberian-American who died July 25, days after arriving in Nigeria, has been confirmed to have the disease.

Tests are pending for three other people who also treated Sawyer and are showing symptoms.

THE ASSOCIATED PRESS

Transmission of Ebola

The disease is not airborne, and only transmitted through contact with bodily fluids such as saliva, blood, vomit, sweat or feces.

- Doctors and other health workers on the front lines of the Ebola crisis have been among the most vulnerable to infection as they are in direct physical contact with patients.

Grand Canyon

Authorities investigate video

Authorities are looking into a viral Internet video that shows a man kicking a squirrel off what appears to be the edge of the Grand Canyon.

Park spokeswoman Kirby-Lynn Shedlowski said Monday that chances of finding the man are slim.

She couldn't say whether the video was a hoax. The video shows a shirtless man wearing a cowboy hat leaving a trail of food, putting on one of his shoes and then kicking the squirrel into the air. THE ASSOCIATED PRESS

Smoky Lake County

Hunter recovering after bear attack

A hunter is recovering in hospital after being mauled by a bear he shot outside of Edmonton.

The 60-year-old man had been hunting for black bears on private property in the Smoky Lake County area, roughly 130 kilometres northeast of Edmonton. According to Alberta Fish and Wildlife officers, the man had permission from the land's owner to hunt on the property, when he spotted and shot a 250-pound male black bear.

LEAH GERMAIN/METRO IN EDMONTON

Cat stuck in bird feeder

Man thwarting efforts to save cat

Searchers who have been trying to rescue a cat with a bird feeder stuck on its head in Brandon, Man., say their efforts to trap the hapless animal are being sabotaged. The Brandon and Area Lost Animals group set traps baited with cat food, tuna and sardines, but they say a man in the neighbourhood has shined lights, clapped his hands and used other techniques to scare "Butterscotch" away. They say their traps have been found and purposely damaged. THE CANADIAN PRESS

This photo shows rescue workers on Monday at the epicentre of an earthquake that struck the town of Longtoushan in Ludian county, located in China's Yunnan province. THE ASSOCIATED PRESS

Quake leaves trail of devastation in Chinese county

Yunnan province. At least 398 have died, over 1,800 are injured in impoverished Ludian county

Rescuers found scores of survivors on Monday as they dug through homes shattered by a magnitude-6.1 earthquake in southern China that killed at least 398 people and injured more than 1,800. Rainstorms were expected to continue to hinder rescue efforts over the coming days.

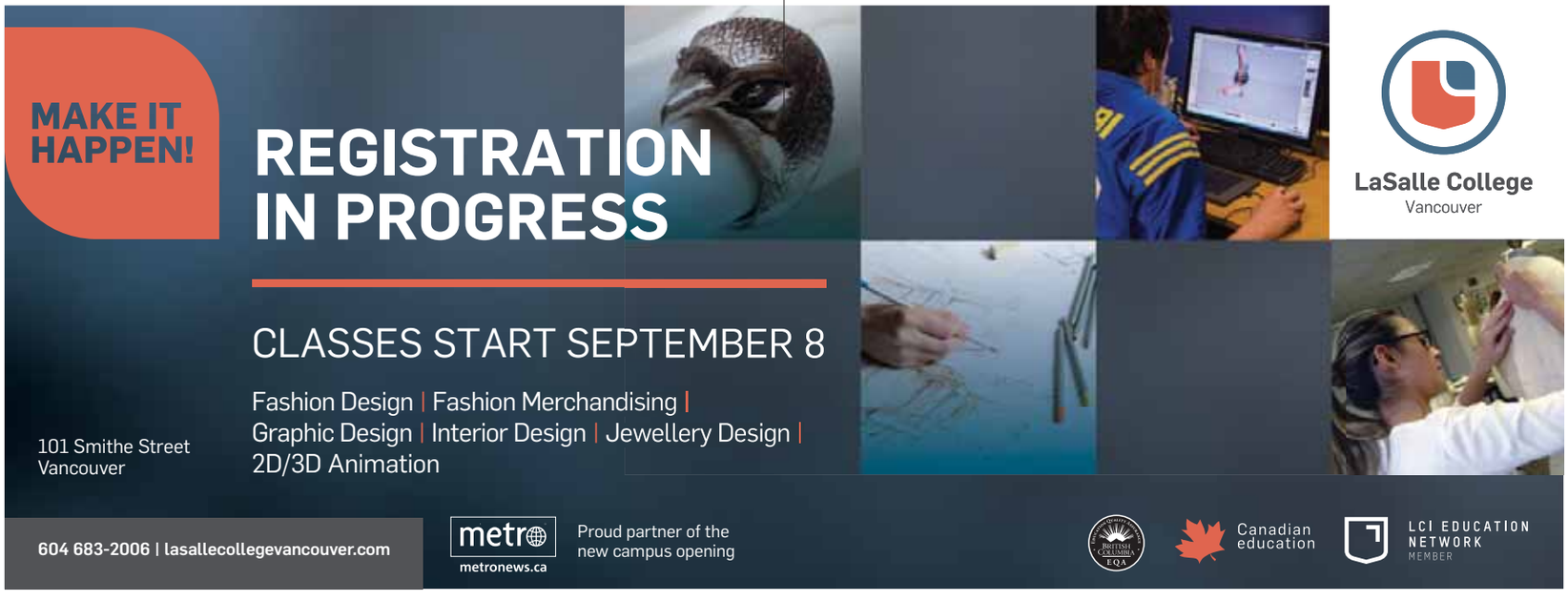
About 12,000 homes collapsed when the quake struck Sunday afternoon in impoverished Ludian county, around 370 kilometres northeast of Yunnan province's capital, Kunming, the official Xinhua News Agency reported.

Rescuers digging in the debris by hand freed a five-year-old boy whose legs were injured, Xinhua reported. It also said firefighters rescued 32 people who had been trapped but had retrieved the bodies of 43 residents. Medics were reporting severe shortages of medicine and an inability to perform operations on the severely injured, while rescuers said their work had been hampered by continuous downpours and quake-triggered landslides, according to Xinhua.

Overhead footage of the quake zone shot by state broadcaster CCTV showed older houses flattened but newer multi-storey buildings still standing.

The magnitude-6.1 quake struck at 4:30 p.m. on Sunday at a depth of 10 kilometres, according to the U.S. Geological Survey.

THE ASSOCIATED PRESS



Israel, Hamas accept ceasefire

72-hour truce.
Agreement on Egyptian proposal could signal end to month-long war

Sabreen el-Tartour, of the Palestinian Centre for Human Rights, walks through a devastated area in Gaza City on Saturday. From the first day of Israel-Hamas fighting on July 8, human rights groups operating in Gaza have been collecting detailed information about the aftermath of a reported 4,600 or more Israeli strikes to lay the groundwork for future legal proceedings. DUSAN VRANIC/THE ASSOCIATED PRESS

Israel and Hamas on Monday accepted an Egyptian ceasefire proposal meant to halt a bruising month-long war that has claimed nearly 2,000 lives, signalling an end to the bloodiest round of fighting between the bitter enemies could finally be approaching.

After weeks of behind-the-scenes diplomacy, Israel and Hamas both announced late Monday that they had accepted the proposal for a preliminary 72-hour truce, beginning at 8 a.m. local time Tuesday. Egypt was then set to host indirect talks to work out a long-term truce over the next three days.

"At 8 a.m. local time tomorrow a ceasefire starts and Israel will cease all military operations against terrorist targets in the Gaza Strip," said Israeli government spokesman Mark Regev. "Israel will honour the ceasefire and will be watching to see if Hamas does, too."

A delegation of Palestinian officials from various factions, including Hamas, has been negotiating with Egypt in recent days. Hamas spokesman Fawzi Barhoum said the group had accepted the plan.

"It's clear now that the interest of all parties is to have a ceasefire," said Bassam Salhi, a member of the Palestinian delegation. "It's going to be tough negotiations because Israel has demands, too."

The war broke out on July 8 when Israel launched an air campaign in response to heavy rocket fire out of Hamas-controlled Gaza. Israel expanded the operation by sending in ground forces on July 17 in what it described as a mission to destroy a network of tunnels used by Hamas militants to stage attacks.

Several previous ceasefires have collapsed, including a similar plan for a 72-hour truce that broke down last Friday in heavy fighting. Both sides blamed the other.

THE ASSOCIATED PRESS

War crimes

Will allegations stick this time?

In a replay of the last major Gaza conflict, human rights defenders are again accusing Israel and Hamas of violating the rules of war, pointing to what they say appear to be indiscriminate or deliberate attacks on civilians.

In 2009, such war crimes allegations levelled by UN investigators — and denied by both sides at the time — never came close to reaching the International Criminal Court.

Some Palestinians hope the outcome will be different this time, in part because President Mahmoud Abbas, as head of a UN-recognized state of Palestine, has since earned the right to turn directly to the court.

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Visits from city mice keep country mice in business

Bloomery Plantation Distillery employee Allison Manderino, 28, hands out samples of SweetShine in its tasting room in Charles Town, W. Va., this summer. With its sweet fruit-flavoured liqueurs, a working farm and eccentric cast of characters — including a dancing lemon — Bloomery Plantation Distillery has attracted tourists from every U.S. state and countries as far away as Laos and Iceland. The West Virginia mini-distillery is part of a growing agriculture tourism trend that advocates say can help revive struggling rural economies. Ag tourism refers to working farm enterprises geared to visitors, encompassing farm stands, pumpkin patches, barn dances, zip-line rides, pick-your-own berries, corn mazes and even weddings. CLIFF OWEN/THE ASSOCIATED PRESS

Unpaid wages, damages

LinkedIn to pay $6M in overtime

Professional networking service LinkedIn has agreed to pay nearly $6 million US in unpaid wages and damages to 359 current and former employees.

The U.S. Department of Labor said Monday that an investigation found LinkedIn in violation of overtime and record-keeping rules that are part of the federal Fair Labor Standards Act. THE ASSOCIATED PRESS

Market Minute

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TSX closed for Civic Holiday.

Algae in Lake Erie.
Tap water ban now lifted

Two days after warning some 400,000 people in Ohio and Michigan not to drink their tap water, the mayor of Ohio's fourth-largest city declared on Monday that the water was now safe and took a sip.

Toledo lifted the advisory after dozens of tests over the weekend showed an algae-induced toxin contaminating Lake Erie had dropped to safe levels following intensive chemical treatments. THE ASSOCIATED PRESS

Is free shipping a game-changer?

'This means war.'
Walmart fired a shot across the bow in the battle to win customers when it offered free delivery across Canada

When Walmart Canada introduced free shipping on all online purchases last year, it was a clear message to its rivals that it was gearing up for a fight.

Craig Patterson, an analyst who runs the online news magazine Retail Insider, said the move by one of the world's largest retailers was bold, setting a new standard in going the extra mile for consumer dollars.

"This means war. It's a declaration of war, no question," he said from Vancouver.

For the last few years, retailers in Canada have been waging a battle to set themselves apart, as entrants such as U.S. giants Target and Nordstrom arrive to compete for the same customers.

"What this comes down to is building trust with the customer," said Patterson.

"Walmart knows that if they offer free shipping, they are coming out punching. When someone like Walmart does it, there is going to be scramble from other retailers to see how they can compete either by adding extra value, better customer service."

While a behemoth retailer like Walmart may be able to absorb the costs of shipping, it would be a challenging task for smaller retailers to be able to offer the same without raising prices, he said.

In a bid to win young customers online retailer Amazon has also recently started offering unlimited free shipping — but only for six months to students in Canada. THE CANADIAN PRESS

True North strong and big

Retailers have long struggled with free shipping in Canada, given the size of the country and the cost of shipping quickly to remote areas.

- The compromise, it seems, is to offer free shipping on minimum purchases, which can offset some of those costs.

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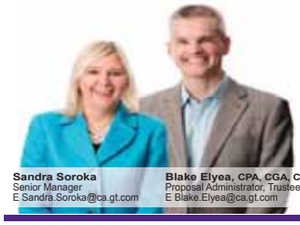
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FOR EVERYONE *EXCEPT* CARRIE BRADSHAW

SHE SAYS

Jessica Napier
metronews.ca

As much as I like to imagine myself as the Carrie Bradshaw of the North, it's actually impossible for a writer to earn a living on a once-a-week newspaper column. And so, unlike my fictional Manolo Blahnik-wearing counterpart, I actually have a "real" job.

In fact, today is my first day at a new job. After four years at my previous company I had finally learned how to use the photocopier on my own, so of course it was time for me to leave.

It's a thrilling thought, starting over in an entirely new role at a new workplace. It's a time for optimism and new beginnings. Today feels a bit like New Year's Eve and the first day of school all rolled into one. It's both incredibly exciting and horribly nerve-racking.

I'm worried about the job itself, of course, and whether or not I'll be able to meet the professional expectations of my employer. But there are also a thousand other tiny things to fret over when you disrupt your daily routine and start out somewhere unfamiliar. Where will I go for lunch? What should I wear? Will I annoy my new cubicle mates with my loud, crunchy, mid-morning snacks?

In his bestselling book The First 90 Days, Harvard University professor and leadership expert Michael D. Watkins notes, "The first three months in a new position are fraught with peril — and loaded with opportunity."

As with any adjustment period, starting a new job can be disorienting and overwhelming at first. Most of us feel compelled to prove ourselves the moment we step through the door. It's only natural to want to take action right away in order to impress our supervisors and co-workers.

But Watkins explains that new hires shouldn't be so concerned with doing things and should instead focus on listening. He recommends taking an anthropological approach and trying to learn as much as possible about the politics and culture of the organization.

Every office comes with its own unique set of guidelines; some are mundane and unspoken, while others are more formal and codified.

As a newbie, it's your goal to familiarize yourself quickly with the rules — both the subtle and the explicit — that govern the day-to-day activities of your environment. Otherwise, finishing a pot of coffee without making a new one or hitting "Reply All" on your response to an intra-office memo could make you a workplace pariah right off the bat.

Your first days in a new job are for establishing relationships, asking a few too many questions, and learning how to navigate an unfamiliar office.

Yes, you'll probably feel a bit foolish asking a fellow grown adult where the bathroom is or what time you should eat lunch, but it's all part of the learning curve.

FINGERHAKELN

Competitors face off in the 55th German finger-wrestling championships (in German called Fingerhakeln) over the weekend in Garmisch-Partenkirchen, Germany. For more finger-pulling photos, scan this photo with your Metro News app. ALL PHOTOS PHILIPP GUELLAND/GETTY IMAGES

No, we're not pulling your finger, but these German wrestlers are pulling each other's

Hundreds of lederhosen-clad men competed in the 55th German Finger Wrestling Championships in Garmisch-Partenkirchen, southern Germany, this weekend.

In the traditional Alpine sport, two competitors matched in age and weight sit across from one another at a table and pull a small leather band with one finger until one player has pulled the other across the table.

The sport is taken very seriously in Bavaria and Austria. Wrestlers build up their finger muscles by lifting weights with one finger and doing one-fingered pull-ups.

Injuries are not uncommon at the event; competitors have been known to dislocate or break their fingers.

Finger wrestling (or Fingerhakeln in German) is thought to have originated in the 17th century as a way of settling disputes in Alpine countries.

IBTIMES.CO.UK

It's not funny

Anyone who thinks Fingerhakeln is some kind of amusing time-waster Bavarians engage in after a few too many beers at the village inn is very mistaken. Practitioners take it very seriously.

- Some wrestlers crush tennis balls with their hands; others will do pull-ups with only their middle fingers; and some have even been known to make their digits lift weights of up to 50 kilograms.

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MetroTube

Canada cannot live on yule logs alone

ANDREW FIFIELD
andrew.fifield@metronews.ca

The Slow TV movement — whether it's six- day ferry rides through Norwegian fjords or a marathon knitting session — is one of the European trends we find ourselves gazing lovingly at from across the ocean ... especially since our yearly yule log obsession suggests a deep Canadian appetite for languid, determinedly ordinary programming. The French are not content with such simple things, though. In March, a French channel aired Tokyo Reverse, nine hours of a man walking backward through Japan's character-choked capital. Clearly, it's past time we demanded some action from our creators on the Slow TV front. (France 4/YouTube)

SCREENGRAB

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DVD review

Twin Peaks

Creators. Mark Frost, David Lynch

Stars. Kyle MacLachlan

Nothing's ever been simple or straightforward about Twin Peaks, the 1990s cult hit TV series (and later flop movie) that made David Lynch and co-creator Mark Frost woodland authorities on owls, coffee, damn fine pie and ritual murder in the Pacific Northwest. After dazzling viewers in its debut year, the show's second (and final) season succumbed to a surfeit of characters and a shortage of logic. Things got worse with Twin Peaks: Fire Walk With Me, the 1992 film that further muddled the central mystery of the death of high schooler Laura Palmer. This Blu-ray set goes a long way to righting wrongs. The 10 discs do more than add hi-def lustre to each TV episode and collect extras from old DVD releases, although they do all that. Best of all is what the set does for Fire Walk With Me. It adds nearly 90 minutes of deleted/alternate scenes that considerably improve the film, including adding some back story for David Bowie's crazed FBI character.

PETER HOWELL

Love thy neighbour, advises Helen Mirren

The Hundred Foot Journey. Oscar winning actress talks about her latest role in a tale of two chefs

JOEL AMOS
Metro in Hollywood

Helen Mirren plays a French restaurant owner unimpressed by her new Indian restaurant neighbour. CONTRIBUTED

If it isn't clear by now why Helen Mirren loves to work in films, then it should be.

One might think winning the Oscar would be justification, but it seems it is a little simpler than that.

"Why do you think we become actors? We get our best lines written for us," Mirren explains. "We look intelligent. We look witty and we don't really have to do anything but say the words."

Mirren is at it again in The Hundred Foot Journey, in which she plays the owner of a Michelin-starred restaurant who is less than thrilled when an Indian restaurant opens across the street to her legendary southern France bistro.

The real joy for Mirren, she insists, is finally getting to work with legendary Indian actor Om Puri, playing the Indian family's patriarch.

As famous as she is, he matches her in fame and talent in his own country, in Pakistan and in her native England.

"Om and I just naturally fell into a rhythm together. That was very easy for both of us. Because we knew of each other's work, we had enormous respect for each other," Mirren says.

His off-screen persona, it seems, was not too far off from the one he portrayed onscreen.

"He would cook Indian food for everyone and make a family feeling on the set. He created this little family who come to France. He was brilliant."

Speaking of France, Mirren apparently achieves a rather unusual lifelong goal with her role in Hundred Foot Journey — or at least one difficult to achieve, even for her.

"I'm dying to be a French actress," she says with a laugh. "I really wanted to play Madame Mallory because she's French! It was my pathetic attempt at being a French actress."

If there was any message she wants audiences to take away from the film, it's one that dates back thousands of years.

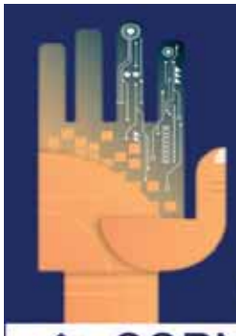
"Love thy neighbour," she says without flinching. "That's the hardest — much more difficult than do not covet thy neighbour's wife! That's easy. Love thy neighbour is difficult and it's the most important."

AUGMENTED REALITY

→ The death of good taste or a fusion of cultures? Scan this photo with your Metro News app for a video of Steven Spielberg and Oprah Winfrey sampling The Hundred Foot Journey.

metro AR → See the full instructions on Metro's Voices page.

SCENE2



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Arkells tackle power and privilege

High Noon. Alt rockers' third album gets personal and political

From left, Arkells band members Nick Dika (bass), Anthony Carone (keyboard), Max Kerman (lead vocals/guitar), Mike DeAngelis (vocals/guitar) and Tim Oxford (drums). BROOKS REYNOLDS

Arkells frontman Max Kerman and guitarist Mike DeAngelis were giddy with excitement after getting their hands on their new album on vinyl between press interviews at Toronto's Liss Gallery.

Kerman thrust it in DeAngelis's arms to hold up like a proud papa so he could capture the moment for Instagram — with hundred of fans immediately hitting "like," proving they're not the only ones excited for the release of High Noon.

The Hamilton, Ont.-based group's third studio album is out Tuesday and the band described it on their blog as their most confrontational record to date.

"One of the jobs of an artist or creative person is to ask tough questions," said Kerman. "I always really appreciate it when pop musicians dive into political matters in thoughtful ways."

Listening to the Clash while writing for High Noon inspired Kerman to insert his personal politics into his writing.

"Making songs that are saying something has always been one of the highest priorities of the band," said Kerman.

He goes on to say there is a particular focus on exploring the relationship between the privilege afforded by money and power and the responsibility that should come with it.

"Fake Money is talking to someone who has been reckless with the power they have," said Kerman of the track that opens the album, a theme also explored on the record's closing track, Systematic.

But ultimately what binds this album to the band's body of work is music that is upbeat and positive, said Kerman.

Never Thought That This Would Happen is an example. It tells the story of making out with an old friend at the Hillside Festival, held annually in Guelph, Ont. The song also chronicles the awkward aftermath of such a scenario.

"Things got weird after the weekend," said Kerman, recalling the lines of the song as DeAngelis laughs.

This song came from just one of the ideas Kerman is constantly logging in his phone.

"Ninety-five per cent of them are terrible but five per cent of them are OK, and that's how songs start," said Kerman. THE CANADIAN PRESS

How songs start

"Ninety-five per cent of them are terrible but five per cent of them are OK, and that's how songs start."

Lead singer Max Kerman said of the song ideas he is constantly logging in his phone.

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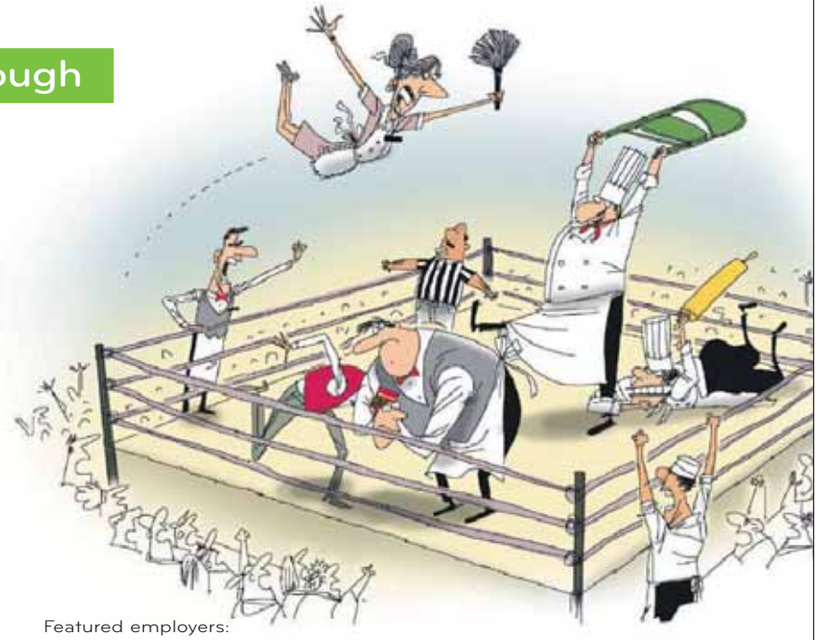

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Paquin proves to be model of patience

Sometimes you have to tell Larry King something multiple times for it to sink in. Take, for example, True Blood star Anna Paquin's sexuality. During a recent interview, King peppered Paquin with some rather direct questions, starting with, "Are you a non-practising bisexual?" To which the ever-patient Paquin responded, "Well, I am married to my husband (Stephen Moyer), and we are happily, monogamously married." King wouldn't let it rest there, though, and followed up with: "But you were bisexual?" OK, Larry. Here goes: "I don't think it's a past-tense thing," Paquin patiently explained.

"Are you still straight if you are with somebody? If you were to break up with them or if they were to die, it doesn't prevent your sexuality from existing. It doesn't work like that." All in good fun, right? Until King finally ended that section of the discussion with a creepy aside that he'd "stop with wishful thinking."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

50 Shades of Orange: Lohan looking for a pal to help pen tell-all book

NED EHRBAR
Metro in Hollywood

There might be hope for the publishing industry yet, as Lindsay Lohan "held meetings at major publishing houses in London recently" to discuss a salacious tell-all book, according to the Sun. "The stories she promised the literary agents made their jaws drop. She's prepared to put everything out there, and has already proved she's not shy with the list of men she claims to have slept with," a source teases. But here's the thing: How can she be prepared to put everything out there when she's already, you know, put everything out there?

Lohan is not exactly an enigma wrapped in a mystery wrapped in a Passages Malibu sweatshirt. The real surprise of this book — should it ever actually materialize — will be what new information about her life she could possibly divulge. But hey, more power to you, Lindsay. Oh, and she's apparently got some pretty lofty goals as far as ghost writers go: "It may seem unlikely, but she thinks she's in with a shot at getting (50 Shades of Grey author) E.L. James to work on it," the source says. "Another pie in the sky idea was that she might persuade J.K. Rowling to work with her." Now that I'd pay good money to see.

Jay-Z and Beyoncé

Will Jay-Z and Beyoncé's On the Run tour reach an untimely finish line?

More rumours of marital trouble for Jay-Z and Beyoncé are swirling, this time with sources suggesting the couple's union might not last as long as their current concert tour. "I'm definitely not sure that they'll make it to Paris," a source tells Page Six, referring to their On the Run tour's planned finally in September. "They're not just staying in different hotel rooms, but they have booked separate hotels and they arrive separately to each show." The couple reportedly held an emergency meeting last week with concert promoter Live Nation and at least four lawyers to figure out how to keep the tour on track despite their imploding marriage.

No purchase necessary. Contest entry open Aug. 4, 2014 until Aug. 10, 2014 to legal res. of Canada (excl. QC) of age of majority in their prov. of residence as of entry. Prizes avail.: 10 double passes for a screening of "The Expendables 3" awarded in each of Toronto, Vancouver, Calgary, Edmonton, Ottawa, Winnipeg and Halifax. ARV $25/ pass. Odds dep. on number of eligible entries rec'd. Internet, email address, math skill-test req'd. Rules and entry: www.clubmetro.com

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Replace fatty beach bites

Nutritional therapist Gabriela Peacock recommends the best foods to pack in your cooler. And no, ice cream, soda and chips are not on her list.

ROMINA MCGUINNESS
Metro World News in London

POPCORN (AIR POPPED, 1 CUP)

Total calories: 31
Total fat: 0 g

WATERMELON (BALLS, 1 CUP)

Total calories: 46
Total fat: 0 g

JALAPEÑO STUFFED GREEN OLIVES (5)

Total calories: 30
Total fat: 4 g

HUMMUS WITH PITA BREAD (1 CONTAINER)

Total calories: 225
Total fat: 13 g

ORANGE (1 LARGE, 340 g)

Total calories: 90
Total fat: 0 g

CHICKEN MAYO SANDWICH

Total calories: 329
Total fat: 11 g

COCONUT WATER (VITA COCO, 250ml)

Total calories: 45
Total fat: 0 g

ALMONDS (RAW, 10)

Total calories: 69
Total fat: 6 g

PINEAPPLE (DICED, 1 CUP)

Total calories: 74
Total fat: 0 g

TABBOULEH (1 CUP)

Total calories: 165
Total fat: 9 g

ROASTED PUMPKIN SEEDS (1 TBSP)

Total calories: 83
Total fat: 5 g

APPLE (1) & PEANUT BUTTER (2 TBSP)

Total calories: 270
Total fat: 16 g

VEGGIE AND BROWN RICE SALAD BOWL (1)

Total calories: 250
Total fat: 6 g

PLENISH CLEANSE SWEET SEXY GREEN JUICE (1)

Total calories: 23
Total fat: 0 g

CARROT AND CELERY STICKS (1 CUP)

Total calories: 70
Total fat: 0 g

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Combat stress levels

Summertime and cleaning is easy

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Take advantage of the easier days of summer to get your house organized. A neat home will help keep the stress levels down. It's easier than you think. Best Health magazine consulted home organizing professionals for their best tips. Here are a few.

Let things marinate
When you're organizing, sort everything into five piles: "move to another room," "donate," "give to a specific person," "throw away" and, finally, the "marinating" pile. Pack up all the marinating items, and label the box with a date that's six to 12 months later. If you don't open the box before that date, you can safely discard those items.

Move forward—not backwards
Don't call a personal organizer and say you need help adding storage for all your stuff. That's just backwards. Your goal should be to remove the clutter, not create more storage space.

Your goal should be to remove clutter. ISTOCK

Find its place
Good news from the pros: Being organized doesn't mean everything is in its place; it means everything has a place. If you can get your house ready for a surprise guest in 30 minutes or less then you're organized.

Donate, donate, donate
You could sell unused items on eBay, but do you want to get organized or start a career hawking stuff? Unless you need the money, give things away to charities and at community donation centres. It saves time.

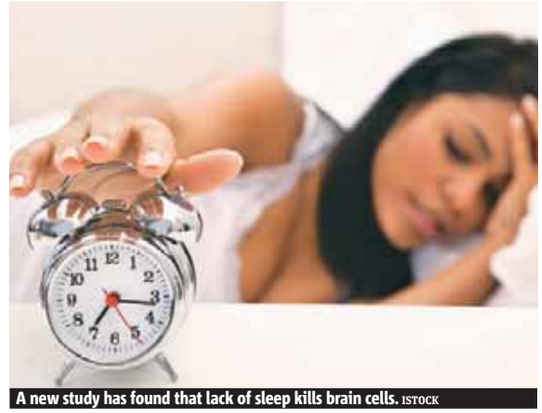
Dress up flat surfaces
Countertops and tables quickly become drop zones for clutter. If you have a dining table, for example, that is always getting covered with junk, clear it off, put a flower arrangement in the middle, and add actual place settings. That should prevent people from parking stuff there.

Don't put a lid on it
Avoid lids on laundry baskets, bins and other storage containers. They just make it that little bit harder for you to put things away.

FOR THE FULL ARTICLE, PICK UP THE SUMMER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA

To nap or not to nap

Lack of sleep. While many of us take power naps, studies show they just may not be enough for a healthy lifestyle



A new study has found that lack of sleep kills brain cells. ISTOCK

As a new mom with a demanding career, Kristen Perullo was up every few hours during the night with her baby. But when she was struck with what she calls the "worst headache of her life" at work one day, she knew something was truly wrong.

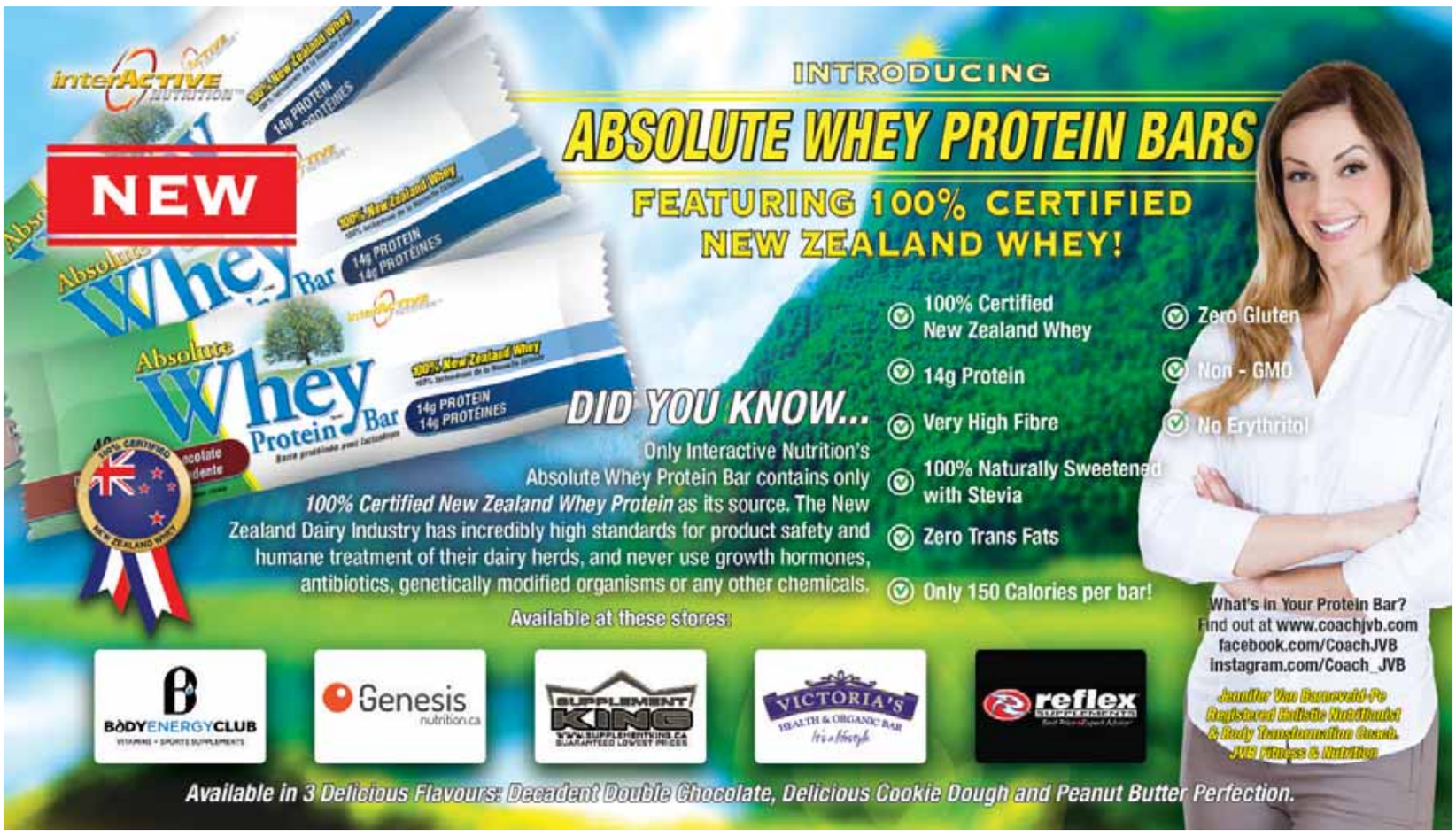
At the ER, the news wasn't good. Perullo's immune system was so severely weakened by sleep deprivation that she had contracted viral meningitis.

Perullo is just one of 70 million Americans with a sleeping disorder. Sleep debt can cause damage that's much more severe than needing a couple extra shots of espresso in your latte. The U.S. Centers for Disease Control and Prevention recently declared Americans' lack of sleep an epidemic; it's so damaging that it can cause health problems including high blood pressure and diabetes. And while many people say that a power nap recharges them, a new study shows catching just a few Zs may not help in the long run.

Scientists at the University of Pennsylvania found that lack of sleep kills brain cells. By studying sleep deprivation in mice, researchers discovered that prolonged wakefulness damages a type of neuron known as LCns, or locus ceruleus neurons.

The study's lead author, Dr. Sigrid Veasey, says catching a few hours of sleep may feel beneficial, but it's not enough to catch up on long-term sleep debt: "Our work suggests that in the long run, regular use of weekend catch-up sleep may not lead to a full recovery for the brain. These are changes that are either irreversible or take longer than a nap to remedy."

MEGAN JOHNSON, METRO NEWS IN NYC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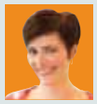


NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With the summer weather knocking the crap out of us, no one feels like cooking. It's true that meals get much simpler and expectations lower at this time of year but burgers become boring and hot dogs can't handle real hunger so a little creativity is required.

While the grill is on, prepare some of these foods in advance for the rest of the week. Use them willy-nilly in salads and sandwiches to spice up your routine.

- Grill an extra side of salmon.
- Slice and grill thick rings of red onions.
- Bake extra potatoes to fill with cream cheese to re-bake as sides or slice into a pan to make home fries or add to broth with chives and purée into soup.
- Bake sweet potatoes and mash; warm in microwave to use in muffin mixes.
- Grill Haloumi cheese to use in sandwiches.
- Grill green onions and cut into grilled cheese for a smoky flavour.
- Make foil packets of mixed berries, add a dab of butter and cinnamon, use to top yogurt or ice cream.
- Buy pepper on sale and grill then freeze for use all winter or cover with extra virgin olive oil and vinegar for antipasto platters.

There is a sense of comfort that comes from knowing you have the key part of any meal at the ready when all you want to do is sit in the shade with a cold glass and let the breeze remind you how wonderful Canadian summers can be.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

You're 20 minutes and four ingredients away from dinner

Georgian Bay Salmon. This is one fish you can't go wrong with thanks to its simple-to-enhance flavour

This recipe serves four. THERESA ALBERT

I am pretty sure you can make this salmon on any barbecue anywhere in the world, but I had it made for me by a friend on the most glorious day on Georgian Bay, Ont. Funny how food can imprint a memory on your tongue and heart just as music can on your soul.

This recipe takes two steps and 20 minutes, so I encourage you to cook more than one and save the second for a salad the next day.

Ingredients

- 1 side of salmon
- 1 tsp of lemon pepper
- 1 tbsp butter
- 2 cloves garlic, peeled and sliced

1. Sprinkle lemon pepper and spoon butter over salmon laid on a large piece of foil. Top the fish with garlic and wrap tightly into a packet.

2. Place fish on the barbecue and bake for 20 minutes with lid down. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. FIND HER AT MYFRIENDINFOOD.COM**

Dinner. Salmon Pesto Primavera

1. Vegetable mix: In frying pan, heat 1 tbsp (15 m) oil over medium heat. Add 1 clove of garlic, celery, onion, bell pepper and mushrooms, cooking until onion is soft.

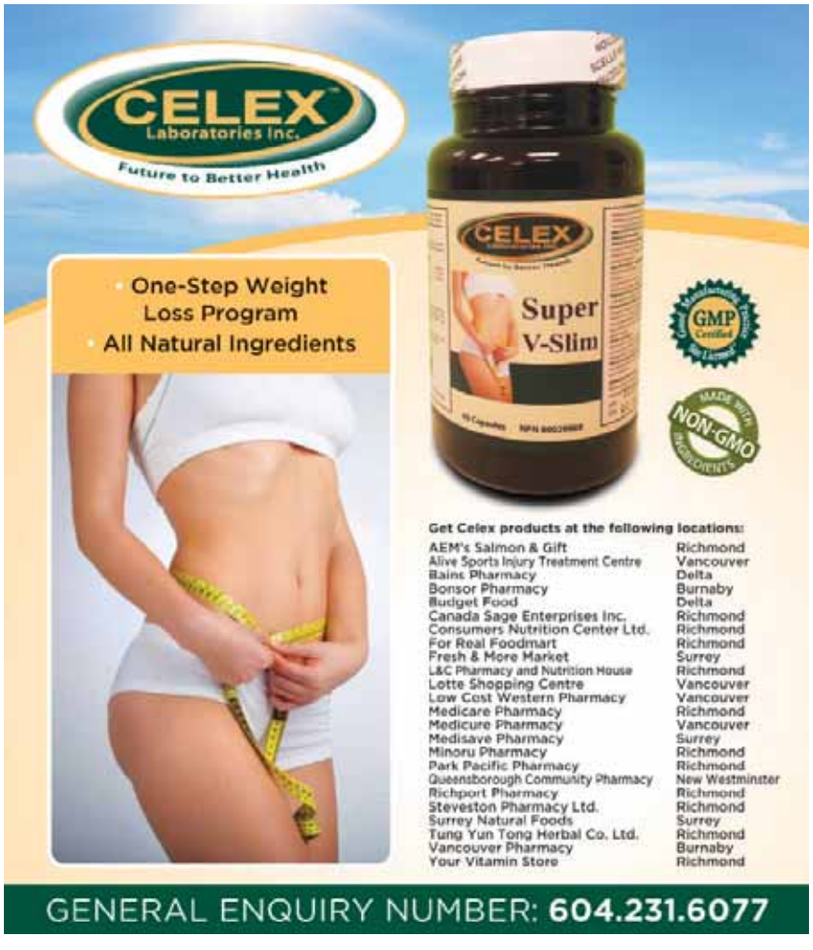
2. Sauce: In sauce pan, combine 1 tbsp (15 ml) oil and the second clove of garlic over medium heat. In separate bowl, whisk cornstarch and So Nice soy beverage, then pour into saucepan when garlic starts to brown. Bring to boil, stirring constantly to avoid scorching. Keep sauce at low boil 3 minutes, stirring constantly, then turn to low heat and simmer until thickened. Add salmon, ketchup, Worcestershire sauce, pesto and salt, stirring until well combined.

3. Add sauce to veg mix and spoon over any type of prepared pasta. Sprinkle with parsley. **NEWS CANADA/ SONICE.CA**

Ingredients

Vegetable mixture
- 1 tbsp (15 ml) vegetable oil
- 1 clove garlic, minced
- 1 stalk celery, chopped
- 1 small onion, chopped
- 1/3 green bell pepper, chopped
- 8 oz (250 g) mushrooms, sliced

Sauce
- 1 tbsp (15 ml) vegetable oil
- 1 clove garlic, minced
- 1 1/2 tbsp (22 ml) cornstarch
- 1 1/2 cups (375 ml) So Nice unsweetened organic soy beverage
- 1 can salmon
- 1 tbsp (15 ml) ketchup
- 1 tsp (5 ml) Worcestershire sauce
- 2 tsp (10 ml) pesto
- 1/2 tsp (2 ml) salt
- 1/4 cup (60 ml) parsley, chopped



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Whose Pride is it anyway? Rainbow Lion causes stir

CFL. B.C.'s multi-coloured Pride logo gets mixed reaction on Facebook

CAM TUCKER
cam.tucker@metronews.ca

The B.C. Lions elicited a large reaction — showing the good and bad sides of humanity — on Saturday when the club's logo was infused with Pride colours and posted on its Facebook page.

At last check on Monday evening, the photo had 2,309 likes on the Lions' Facebook page, posted the day before Vancouver's annual Pride Parade in the city's West End.

While most of the reaction was in favour of the Lions showing support for the LGBTQ community, others weren't so tolerant of the message.

Those comments ranged from individuals expressing they had lost respect for the team to ignorant wisecracks toward stereotypes associated with gay people.

It's laughable because none of the comments featured any legitimate argument against the Lions using their logo with the Pride colours, and also because there is an openly gay football player, Michael Sam, competing for a spot on the NFL's St. Louis Rams.

In February, the Lions, as part of the You Can Play Project, posted a video on YouTube featuring Canadian receiver Marco Iannuzzi, who discussed the need to respect teammates, regardless of race, religion or sexual orientation.

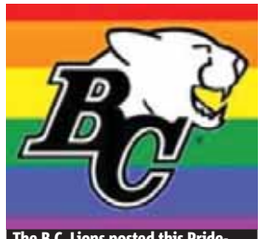
"I really think that homophobia in sports, it's like race and religion 40 or 50 years ago," Iannuzzi said Monday.

"To me, it's equal rights for everyone. I know it rubs a lot of people the wrong way … but I was very fortunate to have some worldly experiences and meet people from all over the world and I could tell you ... we don't need another thing to bring us apart, we need more things to bring us together."

Perhaps one day, there will come a time when this sort of thing isn't even up for discussion any more. It will just be part of the norm.

"I'm also at the point where I don't think we need to have this conversation," said Iannuzzi.

Lions receiver Marco Iannuzzi spoke out for LGBTQ rights earlier this year saying, "To me, it's equal rights for everyone." JEFF MCINTOSH/THE CANADIAN PRESS



The B.C. Lions posted this Pride-inspired logo to their Facebook page on Saturday. FACEBOOK

Injury report

Lulay to suit up and sit

Quarterback Travis Lulay, who hasn't played a game all season due to his recovery from off-season shoulder surgery, is now eligible to dress for a game, with his time on the six-game injured list over.

However, it's a good bet Kevin Glenn makes his seventh consecutive regular-season start for the Leos when they face the Hamilton Tiger-Cats at BC Place Stadium on Friday.

Glenn and Lulay shared the first-team reps on Monday.

Even with Lulay nearing an eventual return, Benevides isn't ready to change his current starting quarterback right now.

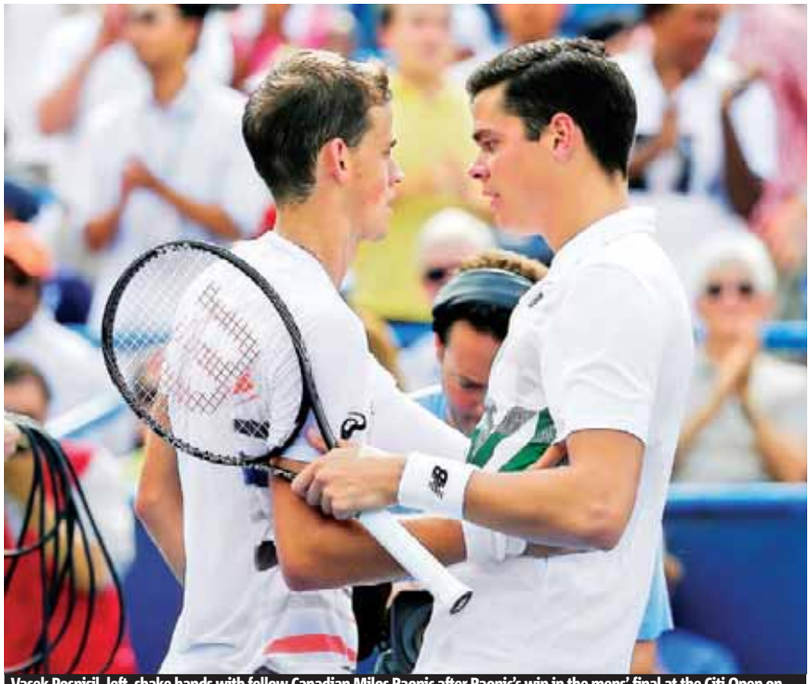
"There's no doubt about that one," said Benevides when asked if Glenn was starting Friday.

Lions fans have yet to see Travis Lulay take a meaningful snap so far in the 2014 season. GETTY IMAGES

4 SPORTS

Canada's stars rise on their way home

Tennis. Pospisil and Raonic shine ahead of Rogers Cup in Toronto



Vasek Pospisil, left, shake hands with fellow Canadian Milos Raonic after Raonic's win in the mens' final at the Citi Open on Sunday in Washington, D.C. Both return to action this week at the Rogers Cup in Toronto. ROB CARR/GETTY IMAGES

Before Milos Raonic and Vasek Pospisil were born, a generation of Swedes led by Stefan Edberg, Bjorn Borg and Mats Wilander swept the tennis world.

Now it might be Raonic and Pospisil's turn to do the same as Canadians.

"I think there's a chance now with the guys in Canada here that they can do the same journey," Edberg said. "It should be a very exciting time for Canadian tennis going forward now."

Considering Raonic beating Pospisil Sunday in the Citi Open was the first all-Canadian final in the history of the men's tour, this journey is just getting started.

Pospisil, who will face Richard Gasquet in the first round of the Rogers Cup on Tuesday at York University, is ranked 27th in the world after reaching his first ATP final. Raonic is back up to his career high of sixth after winning his sixth title.

Pospisil faces an early challenge at the Rogers Cup in the 12th-seeded Gasquet, whom he beat in the Citi Open semi-finals. Pospisil used Monday to catch his breath.

"For me, just seeing him, growing up with him and beating him when we were younger just motivated me a little bit and feeling I could do it, too," Pospisil said Monday.

Raonic is still the standard for Pospisil and this new generation of Canadian men's tennis players, but the Vancouver native is making strides, especially recently. A back injury contributed to a streak of eight consecutive losses from February through the French Open, and it took some time before Pospisil was 100 per cent again.

"I'm a little bit tired but I won't be tomorrow, just today," Pospisil said.

Raonic is at the point where he's measuring himself against the likes of Novak Djokovic, Rafael Nadal and Roger Federer. Asked about his best matches of 2014, Raonic pointed to a loss to Djokovic as one of them.

It's unlikely Pospisil will look back at Sunday's 6-1, 6-4 drubbing from Raonic in the same way. Still, his first final represented an early career milestone.

"I would have liked to have been on the winning end of that, obviously, but, yeah, it's another special moment for me because it was my first final," Pospisil said. "The fact that I was playing another Canadian, Milos, made it more special for sure, I think especially for tennis fans in Canada. But, yeah, I think it's more icing on the cake, I guess, for all the good results that we have been having these past few years in Canada." THE CANADIAN PRESS

Badminton gold, that is

Michelle Li won gold in women's singles badminton at the Commonwealth Games, Sunday in Glasgow, Scotland. Scan the image with your Metro News app to view a gallery of the closing ceremony. ALEX LIVESEY/GETTY IMAGES

MMA

Jones, Cormier get into a brawl ahead of fight

Light-heavyweight champion Jon (Bones) Jones and challenger Daniel (DC) Cormier scuffled Monday at a news conference to publicize their UFC 178 showdown, falling off stage after coming to blows.

The trouble started when the two squared off in a photo op on a temporary stage in the lobby of the MGM Grand.

The taller Jones touched foreheads with Cormier, who shoved him backward.

Jones came right back at Cormier, with a pair of UFC employees shoved aside as they tried to intervene.

"I won't let another man get in my face and put his forehead against mine. I will react every time," Cormier tweeted later.

THE CANADIAN PRESS

Vancouver tennis

Baghdatis beats Dustov to take the Odlum Brown VanOpen

Marcos Baghdatis of Cypress won the men's singles event at the 2014 Odlum Brown VanOpen at Hollyburn Country Club on Sunday.

Baghdatis defeated Farrukh Dustov of Uzbekistan in straight sets 7-6 (6), 6-3 to claim his second career VanOpen title.

His last championship on the hard court at Hollyburn came in 2009.

Jarmila Gajdosova won the women's singles event, defeating Lesia Tsurenko in three sets.

Gajdosova needed a tiebreaker to claim the championship in the final set at 3-6, 6-2, 7-6 (3).

METRO

MLB

Orioles beat Nationals on the way to Toronto

The Baltimore Orioles hated giving up a day off to face the Washington Nationals on the road before heading to Toronto.

A victory made the detour much more tolerable.

Caleb Joseph homered and drove in three runs, J.J. Hardy had four hits and Baltimore beat Washington 7-3 on Monday night in a duel between first-place teams.

Nick Markakis homered for the Orioles, who trailed 3-1 before rallying for their eighth win in 11 games.

The game was a makeup of the July 8 contest that was postponed by rain. A sellout crowd of 42,181 — many of them wearing Oriole orange — showed up to watch teams located just 61 kilometres apart on road I-295.

The Orioles wanted the makeup game to be played in the afternoon, but the Nationals nixed the request. So Baltimore planned on taking a red-eye to Toronto for a three-game showdown between the top two teams in the AL East. THE ASSOCIATED PRESS

Soccer. Canada kicks off U-20 Women's World Cup

There is only so much the Canadian team can do to prepare for its first opponent at the Under-20 Women's World Cup.

Just as it is for many youth teams around the world, in-game video of the Ghana squad is rather limited. From what the Canadians have been able to glean from the footage they've seen, they're expecting a side with plenty of speed and a unique style in Tuesday's opener at BMO Field.

"Ghana is a very fast, physical team," said midfielder Jessie Fleming. "They have very technical forwards. They're definitely going to be difficult to play. They're unpredictable at times.

"So it's just a matter of sticking to our game plan and doing what we can to match that."

The Ghana team has trained in the Ontario capital ahead of the tournament. That has allowed the Canadians to gather some more information on their first Group A opponent.

"We've been a bit fortunate," said Canadian coach Andrew Olivieri. "They've been here in Toronto so we've had a couple of people that have been able to see them."

Canada will play Finland in another Group A game Friday in Toronto before heading to Montreal for an Aug. 12 game against North Korea.

The tournament runs through Aug. 24 in Edmonton and Moncton as well.

The defending champion Americans are a tournament favourite along with Germany and North Korea.

Canada should get a boost from what is expected to be a lively crowd at the lakefront stadium, which is also the home field for Toronto FC of Major League Soccer.

THE CANADIAN PRESS

Centre back Kadeisha Buchanan COOPER NEILL/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Even if you are one of those rare Aries who tend to see the glass as half empty rather than half full you will be positive in everything you do over the next 24 hours.

♉ Taurus
April 21 - May 21
Why are you acting as if you have no choice in what you are expected to do? You always have a choice. Take responsibility.

♊ Gemini
May 22 - June 21
Everything, and everyone, has a light side and a dark side. Make it your aim to encourage the light side today.

♋ Cancer
June 22 - July 23
You will know in a flash what it is you have to do. After that it is up to you: You can accept the challenge and be special, or you can reject it and be mediocre like so many others.

♌ Leo
July 24 - Aug. 23
Today's cosmic influences will help you to view the world with eyes that see deeper and farther than most other people. What you discover will astound and delight you.

♍ Virgo
Aug. 24 - Sept. 23
There may be an element of risk in what you are planning to do but that won't worry you. The closer you are to the edge the more alive you feel.

♎ Libra
Sept. 24 - Oct. 23
If your instincts tell you to go for something you must not hesitate for even a moment. There is glory at stake and you must not let it pass you by.

♏ Scorpio
Oct. 24 - Nov. 22
Authority figures will be impressed by your ability not only to get things done but to get along with a wide range of people while doing it.

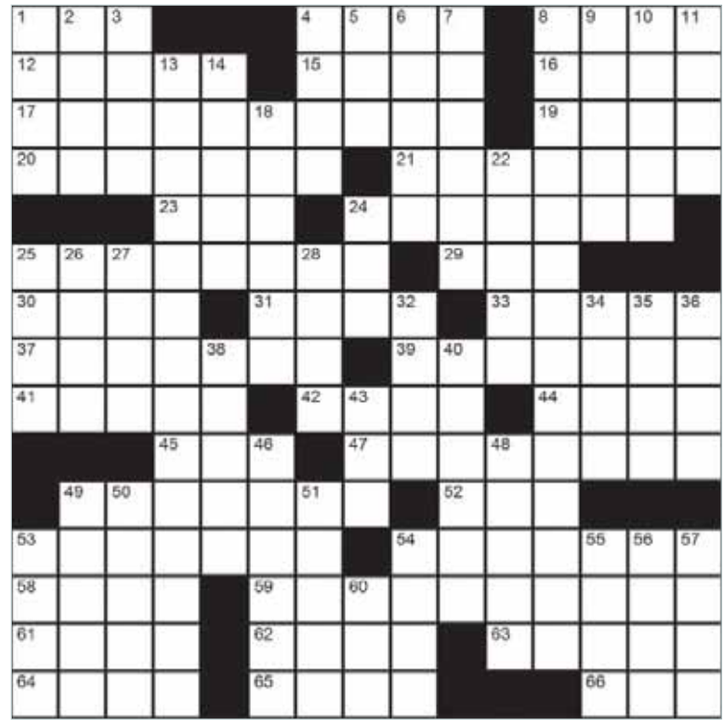
♐ Sagittarius
Nov. 23 - Dec. 21
You can and you must do something out of the ordinary. Whatever you do it will be a huge success, so what are you waiting for?

♑ Capricorn
Dec. 22 - Jan. 20
You are more likely to find answers to your problems if you if you get creative. Get some input from loved ones and relatives, too. You don't have to do it all on your own.

♒ Aquarius
Jan. 21 - Feb. 19
Fate will point you in a new direction over the next few days and if you are wise you will go with the flow. The powers that be will always protect you.

♓ Pisces
Feb. 20 - March 20
The current cosmic picture makes it easy for you to boost your status and your earning power, but it won't just happen as if by magic — the effort must come from you.

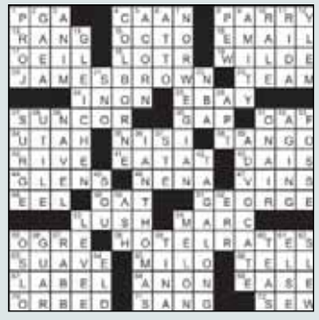
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mount Royal's li'l locale
4. Spaghetti sauce brand
8. Throw
12. "Don't mind __ __!"
15. Rosey __ (Global News anchor)
16. Italian harp
17. 1970 Anne Hebert novel that shares the name of the Quebec village where it is set
19. Paths, puny-ly
20. Warned
21. "2001: A Space Odyssey" (1968) director Stanley
23. Pas' partners
24. The __ (British band with a 1967 hit sharing #8-Down's first name)
25. 100th Anniversary of 1914 start of this World conflict: 2 wds.
29. Freelancer's encl.
30. Garner
31. Approximation
33. Cereal company
37. Best example
39. Canadian Forces base community in Southern Ontario
41. __ off (fend/fight)
42. Alaskan city
44. "Glee" actress Ms. Rivera
45. 'Lact' suffix
47. NS: Cape Breton Highlands hiking-to-spot, __ Cove
49. Dire Straits' "__ of Swing"
52. will._.__
53. Earnest
54. Does workshop updating
58. Peruvian empire
59. Vintage-clothes-buying venue: 2 wds.
61. Human/goat forest deity
62. Angry cat sound
63. Composition
64. Jackson 5 member
65. Dilbert comics intern
66. Switch selections

Down
1. "Grace Kelly" singer
2. Non-stick frying pan
3. Green fruit
4. Canadian skiing legend Ken
5. Magazine pages, e.g.
6. Michael Douglas' "Wall Street" (1987) role, Gordon __
7. Moving day trucks
8. Burnaby, BC born actress of 'Matrix' movies: 2 wds.
9. "Glee" character
10. Eyeglasses, fun-style
11. Chore
13. Mount Edziza in BC, for one: 2 wds.
14. Lash __ __ (Chide)
18. Cross the pool again
22. Canadian dancer/singer Mr. McGrath
24. Charlemagne's realm [acronym]
25. Gollies
26. Transfixed
27. 'Ranch' suffix
28. Yemeni port
32. Prefix with 'sphere'
34. RBI, e.g.
35. Country's Mr. Axton
36. 'Tsar' suffix (Russian empresses)
38. West: Spanish
40. Alleviation
43. Photo __ (PR events)
46. Singer Ms. Kitt
48. Coffee serving
49. Bible: Mount __
50. __ diamonds
51. Grape soft drinks Radar liked on "M*A*S*H"
53. __ the flour
54. Hazard
55. Bjork hit: "It's __ __ Quiet"
56. Bank __
57. Donald Sutherland/Elliott Gould spoof flick, "_*_*_*_" (1974)
60. '70s record label

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2				9		1	3	5
					6			4
		3		2	8	7		
6				3	9	5		
		9	7	4				8
		7	6	8		4		
5			2					
1	8	4		5				6

Friday's Sudoku

9	5	4	3	8	2	7	1	6
8	3	7	1	6	4	5	9	2
2	6	1	7	9	5	4	8	3
4	7	5	6	2	9	1	3	8
3	2	8	5	4	1	6	7	9
6	1	9	8	3	7	2	5	4
5	4	3	9	7	6	8	2	1
1	9	6	2	5	8	3	4	7
7	8	2	4	1	3	9	6	5

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[1] TD Canada Trust received the highest numerical score among the big five retail banks in the proprietary J.D. Power 2006-2014 Canadian Retail Banking Customer Satisfaction Studies[SM]. 2014 study based on 17,183 total responses and measures opinions of consumers with their primary banking institution. Proprietary study results are based on experiences and perceptions of consumers surveyed May-June 2014. Your experiences may vary. Visit jdpower.com. [2] Ipsos Best Banking Awards are based on quarterly Customer Service Index (CSI) survey results, with an annual sample size of approximately 45,000 completed questionnaires yielding around 69,000 financial institution ratings nationally. All trade-marks are the property of their respective owners. ™ Trusted Brand is a trade-mark of Reader's Digest Association Canada ULC. ®The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.